

When Wanting More Makes Us Forget What We Already Have

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Life does not withhold what we want; it prepares us for what we are ready to hold.

Introduction: the silent conflict between desire and grace

Human life unfolds between two powerful forces. One is desire—the restless voice of the mind that constantly seeks more. The other is grace—the quiet intelligence of life that gives us what we are ready to hold, not always what we want. Most suffering arises not from absolute lack, but from the inner tension between these two forces.

We imagine happiness waiting at the next milestone: more money, deeper security, stronger recognition, a better relationship, or greater comfort. In doing so, we often overlook what already sustains us. Life, however, does not function like a marketplace responding to demand. It functions like a teacher responding to readiness.

Desire is not the enemy—unconscious desire is

Desire itself fuels growth, learning, and contribution. Without desire, there would be stagnation. The problem begins when desire becomes unconscious—when it disconnects from gratitude and values. At that point, desire turns into craving.

Desire guided by gratitude expands life; desire driven by lack quietly destroys peace. When appreciation disappears, even abundance feels insufficient, and the mind starts living in a constant sense of shortage.

The half-kettle wisdom: compassion for human limits

The metaphor of reducing the water in the kettle teaches compassion for human limits. There are phases when lowering demands is wisdom, not weakness. Health may require rest, emotions may require simplification, finances may require restraint, and relationships may require humility.

Living with 'just enough' during such times restores balance and dignity. It prevents burnout and helps life regain rhythm.

When lowering expectations is not an option

There are moments in life when reducing expectations is simply not possible. Responsibilities may be non-negotiable, survival may be at stake, or others may depend entirely on our actions.

Some moments do not ask us to live with less; they ask us to become more. In these moments, something within expands quietly—clarity sharpens, distractions fall away, and inner strength awakens.

Finding more wood: how crisis reveals hidden capacities

Extreme situations reveal capacities we did not know we possessed. Calm can emerge even in fear. Creativity surfaces when survival depends on it. Endurance does not have to harden the heart.

Gratitude deepens for simple things—breath, presence, life itself. Most importantly, humility arises: a recognition that effort alone is not enough without grace.

Why wanting more often creates misery

Misery often comes not from lack, but from forgetting. Forgetting health while chasing success. Forgetting relationships while chasing recognition. Forgetting peace while chasing speed.

In rejecting what we already have, we risk losing it. The present moment is not an obstacle; it is preparation.

The most dangerous shortcut: compromising values

Ambition under fear tempts compromise. Small ethical shortcuts appear harmless, but they erode inner stability.

Every gain achieved by betraying values carries, hidden within it, the seed of inner collapse. Success built on compromised values eventually demands repayment—through anxiety, emptiness, or loss of self-respect.

The five values that must anchor growth

A spiritually aligned life rests on values that do not change with circumstances: integrity, gratitude, compassion, discipline, and humility. These values prevent growth from becoming destructive.

When these values guide ambition, struggle transforms into meaningful effort rather than suffering.

Material abundance without inner poverty

Spirituality does not reject wealth or success; it rejects emptiness disguised as achievement. Material abundance is healthy when it supports stability, service, and dignity.

What we accumulate can impress the world, but only what we protect—health, peace, relationships—can give us lasting fulfilment.

Relationships, health, and security: the forgotten blessings

In the chase for more, relationships are often the first casualty. Presence is postponed, listening is delayed, and trust weakens. Health and security are similarly neglected.

A life that grows materially but collapses relationally or physically cannot be called successful.

Redirecting struggle the spiritual way

Struggle is inevitable, but suffering is optional. When struggle is guided by fear and comparison, it wounds. When guided by values and faith, it refines.

Accept what God has given today. Protect it with gratitude. Work ethically and creatively for more. Never trade values for speed or peace for proof.

Conclusion: becoming more without losing ourselves

Life will always invite us to want more. Wisdom lies in remembering what we already have while reaching forward. Sometimes peace comes from reducing the water in the kettle; sometimes life asks us to find more wood within.

The highest achievement is not accumulation, but alignment—to grow without corruption, succeed without losing humanity, and rise without forgetting grace. When life is lived this way, we do not struggle to become more—we become whole.